

# HOT TOPICS: Dehydration

Dehydration happens when the amount of fluid leaving the body is greater than the amount going into the body. Losing too much fluid can be life-threatening.

## What to WATCH for:



- ☒ DRY SKIN
- ☒ DRY MOUTH
- ☒ EXTREME THIRST
- ☒ TIRED, WEAK, or DIZZY
- ☒ DARK COLORED URINE WITH OR WITHOUT A STRONG SMELL

## People at INCREASED RISK include Individuals:



- ☒ In need of help drinking or getting drinks
- ☒ Unable to communicate that they are thirsty
- ☒ Refusing food or fluids
- ☒ Experiencing increased loss of body fluids
  - sweat • vomit • drool • diarrhea • urine
- ☒ Taking medication that cause loss of fluids
  - diuretics (water pills) • some behavioral health medications
- ☒ Having medical conditions, such as kidney disease or diabetes

## WHAT TO DO:



- ☒ Notify a Doctor to the possibility of dehydration and specific fluid intake requirements
- ☒ Increase fluids when in the heat for extended periods of time
- ☒ Ensure individuals in your care are drinking proper amounts of water each day
- ☒ Frequently offer liquids or food high in fluids, such as gelatin or watermelon
- ☒ Individuals with fluid restrictions may need more liquids in hot weather months
  - call or set an appointment with their medical provider to adjust the fluid restriction amounts
- ☒ If you are thirsty and getting a drink — offer one to those you support, too!

## EMERGENCY:

NOTIFY THE DOCTOR IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR:



- ☒ UNABLE TO TAKE FLUIDS SAFELY
- ☒ EXTREME THIRST
- ☒ CONFUSION
- ☒ LITTLE OR NO URINE OUTPUT